



MIAMIBEACH

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PRESS RELEASE

July is Park and Recreation Month – It Starts in Parks

Miami Beach, FL – Where can you improve your health without going to a doctor? How do you spend time with friends or meet new ones if you don't go to a party? Where can children learn and grow without necessarily going to summer school? *Right here* with the City of Miami Beach Parks and Recreation Department. What better time than July to celebrate Parks & Recreation Month by recalling that actually many of the good things in life actually do *Start In Parks*.

As part of a nation-wide celebration, the City of Miami Beach is pleased to be a part of recognizing the many values and benefits of parks and recreation. Did you know that citizens who had better access to parks, visited parks more frequently, and engaged in physically-active park behaviors also made fewer visits to their doctor other than getting a regular checkup? Are you aware that adolescents who participate in extra-curricular activities are more likely to avoid "at risk" behaviors? Have you ever considered the economic impact that visitors to parks, tournaments, and special events bring to the community?

The City's Parks and Recreation Director, Kevin Smith said "Parks and Recreation is one of the public departments that touches almost everyone from the very young to the older residents". The director recognized "the Parks and Recreation staff, hundreds of sponsors, volunteers and parents from the community who serve the parks in a variety of different ways".

Please join the Department as it recognizes parks and recreation this month by attending, participating, or dropping-in to one of our recreational facilities.

Look for future events and other Miami Beach Parks and Recreation programming in your Recreation Review magazine, call our offices at 305-673-7730 or visit our website at www.miamibeachparks.com.

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We are committed to providing excellent public service and safety to all who live, work and play in our vibrant, tropical, historic community.